

**Krøv til upptøku í talent-, elitu- og OYL-bólkin 2016 og 2017** (Dagført 22.02.2017)

Menn / Dreingir

Grein/aldur	12 ár	13 ár	14 ár	15 ár	16 ár	17 ár	18 ár	19 ár	Elita	OyL
60 m	9,00	8,70	8,30	7,80	7,70	7,50	7,40	7,35	7,25	
80 m	11,50	11,25	10,50							
100 m	14,00	13,75	13,00	12,50	12,30	12,00	11,85	11,70	11,60	11,40
200 m	29,00	28,00	26,50	25,35	24,90	24,50	24,25	24,00	23,70	23,30
300 m	48,00	46,00	43,00	41,00	40,00	39,00	38,50	38,00		
400 m			60,00	57,00	55,75	54,50	54,15	53,75	53,20	52,00
600 m	1.49,0	1.45,0	1.40,0	1.36,0	1.33,0	1.30,0	1.29,0	1.28,0		
800 m	2.30,0	2.25,0	2.18,0	2.12,0	2.08,0	2.06,0	2.04,0	2.03,0	2.02,0	2.00,0
1.000 m	3.18,0	3.10,0	3.00,0	2.55,0	2.51,0	2.46,0	2.44,0	2.42,0		
1.500 m	5.12,0	5.00,0	4.50,0	4.35,0	4.28,0	4.22,0	4.18,0	4.15,0	4.13,0	4.08,0
2.000 m			6.50,0	6.20,0	6.10,0	6.05,0	6.00,0	5.55,0		
3.000 m			10.30,0	10.00,0	9.40,0	9.25,0	9.15,0	9.10,0	9.05,0	
5.000 m					17.00,0	16.40,0	16.25,0	16.15,0	16.00,0	16.00,0
10.000m							34.00,0	33.30,0	33.20,0	33.20,0
½-marathon									1.15.00	1.15.00
60 m hekk	11,40(76,2)	10,50(76,2)	(83,8)	(83,8)	(91,4)	(91,4)	(99,1)	(99,1)	(106,7)	(106,7)
80 m hekk	14,00(76,2)	13,00(76,2)								
100 m hekk			16,75(84)	16,00(84)						
110 m hekk					17,50(91,4)	17,00(91,4)	17,25(99,1)	17,00(99,1)	17,00	16,50
300 m hekk			47,50(76,2)	45,50(76,2)	43,50(84)	42,00(84)	42,00(91,4)	41,50(91,4)		
400 m hekk					62,00(84)	61,00(84)	62,00(91,4)	61,00(91,4)	60,00	58,00
1.500 m forðaren.			5.15,0	5.00,0						
2.000 m forðaren.					7.00,0	6.55,0	6.50,0	6.45,0		
3.000 m forðaren.							10.40,0	10.30,0	10.17,0	10.10,0
Hæddarlop	1,45	1,50	1,58	1,62	1,66	1,70	1,73	1,76	1,80	1,85
Stangarlop	2,00	2,25	2,75	3,00	3,20	3,40	3,60	3,80	4,00	4,00
Longdarlop	4,50	4,80	5,20	5,50	5,60	5,70	5,80	5,90	6,00	6,30
Trýstøkk	9,50	10,00	10,50	11,00	11,75	12,00	12,40	12,60	12,90	13,30
Kúlustoyt	9,00(3)	10,00(3)	10,50(4)	11,50(4)	11,50(5)	12,00(5)	12,00(6)	12,50(6)	12,90	13,00
Klingrukast	27,50(0,75)	30,00(0,75)	32,50(1)	34,50(1)	32,50(1,5)	34,00(1,5)	34,00(1,75)	36,00(1,75)	40,00	42,00
Hamarkast	27,50(3)	30,00(3)	32,50(4)	34,50(4)	35,00(5)	42,00(5)	42,50(6)	44,00(6)	45,00	45,00
Spjót kast	30,00(400)	32,00(400)	35,00(600)	40,00(600)	40,50(700)	42,00(700)	43,00(800)	46,00(800)	52,50	55,00
	12	13	14	15	16	17	18	19	Elita	OyL

**Gevið gætur:** Úrslit í renning til og við 200m, longdarlopi og trístøkk skulu vera við góðkendum vindi (tvs. maks +2,0 m/s viðvindur). - Renniuúrslit til og við 400m skulu vera el-tíðir. Úttökuleiðararnir tilskila sær rætt til at endurmeta hesi krøv leypandi.

**Krøv til upptøku í talent-, elitu- og OYL-bólkin 2016 og 2017** (dagført 22.02.2017)

Kvinnur / Gentur

Grein/aldur	12 ár	13 ár	14 ár	15 ár	16 ár	17 ár	18 ár	19 ár	Elita	OyL
60 m	9,10	8,80	8,50	8,45	8,40	8,35	8,30	8,30	8,25	
80 m	12,00	11,75	11,45							
100 m	14,50	14,25	14,20	14,10	14,00	13,90	13,80	13,80	13,60	13,30
200 m	31,00	30,00	29,50	29,00	28,50	28,25	28,00	28,00	27,50	27,00
300 m	50,00	48,50	46,00	45,00	44,75	44,50	44,00	44,00		
400 m			67,00	66,00	65,00	64,50	64,00	63,50	62,50	61,00
600 m	1.56,0	1.53,0	1.50,0	1.48,0	1.47,0	1.46,00	1.45,00	1.44,00		
800 m	2.45,0	2.40,0	2.35,0	2.30,0	2.28,00	2.27,00	2.26,00	2.25,00	2.25,00	2.20,00
1.000 m	3.35,0	3.25,0	3.20,0	3.15,0	3.14,00	3.12,00	3.10,00	3.08,00		
1.500 m	5.45,0	5.30,0	5.25,0	5.20,0	5.15,0	5.10,00	5.08,00	5.06,00	5.05,00	4.55,00
2.000 m			7.20,00	7.10,00	7.05,00	7.00,00	7.00,00	7.00,00		
3.000 m			11.45,0	11.30	11.25	11.20	11.15	11.10	11.00	
5.000 m					19.45	19.40	19.30	19.25	19.15	18.45
10.000 m							40.45	40.30	40.00	39.00
½-marathon									1.30.00	1.27.00
60 m hekk	12,00(76,2)	11,40(76,2)	(76,2)	(76,2)	(76,2)	(76,2)	(83,8)	(83,8)	(83,8)	(83,8)
80 m hekk			14,00(76,2)	13,50(76,2)						
100 m hekk					16,80(76,2)	16,50(76,2)	17,25(84)	17,50(84)	17,50	17,50
300 m hekk			53,00(76,2)	51,00(76,2)						
400 m hekk					74,00(76,2)	73,50(76,2)	73,00(76,2)	72,50(76,2)	72,00	70,00
1.500 m forðaren.			6.00,0	5.50,0	5.40,0	5.35,0				
3.000 m forðaren.									13.00	12.30
Hæddarlop	1,30	1,36	1,40	1,44	1,46	1,48	1,50	1,50	1,50	1,55
Stangarlop	2,00	2,25	2,50	2,70	2,85	3,00	3,00	3,00	3,00	3,00
Longdarlop	4,25 (z)	4,50 (z)	4,55	4,60	4,65	4,70	4,75	4,75	4,80	4,85
Trístøkk	9,00 (z)	9,25 (z)	9,40	9,60	9,80	9,85	10,00	10,00	10,30	10,50
Kúlustoyt	8,50(2)	9,00(2)	9,00(3)	9,75(3)	10,25(3)	10,75(3)	10,25(4)	10,25(4)	10,50	10,50
Klingrukast	22,00(0,75)	25,00(0,75)	27,50(0,75)	30,00(0,75)	27,50(1)	30,00(1)	32,00(1)	34,00(1)	35,00	36,00
Hamarkast	22,00(3)	25,00(3)	27,50(3)	30,00(3)	31,00(3)	32,00(3)	32,00(4)	34,00(4)	35,00	37,00
Spjót kast	22,00(400)	25,00(400)	28,00(500)	30,00(500)	31,50(500)	33,00(600)	34,00(600)	34,50(600)	35,00	35,00
	12	13	14	15	16	17	18	19	Elita	OyL